

## VII. Claims

### I Claim:

1. A method for creating a personalized exercise routine with at least one user interface used in connection with forming machine-readable instructions protected as private to a user subsequently carrying out the exercise routine on an exercise machine, the method including the steps of:

providing the user with the at least one user interface to enable defining the personalized exercise routine in forming machine-readable instructions for carrying out the exercise routine;

protecting said machine-readable instructions as private to the user;

storing the personalized exercise routine formed in the machine-readable instructions in a memory device;

retrieving the personalized exercise routine formed in the machine-readable signals from the memory device; and

user-triggered engaging of the machine-readable instructions to control the exercise machine in carrying out the personalized exercise routine.

2. The method of claim 1, wherein the step of forming machine-readable instructions includes the steps of:

associating the exercise routine with a machine different from said exercise machine to produce a first set of signals; and wherein said step of engaging includes translating the first set of signals into the machine-readable instructions.

3. A method for creating a personal exercise routine with at least one user interface for forming machine-readable instructions by a user subsequently carrying out the exercise routine on an exercise machine, the method including the steps of:

using the at least one user interface to enable the user to create the personal exercise routine;

associating the exercise routine with a machine different than said exercise machine to produce a first set of signals;

translating the first set of signals into the machine-readable instructions;

storing the personal exercise routine formed in the machine-readable instructions in a memory device;

accessing the machine-readable instructions; and

engaging the machine-readable instructions to control the exercise machine in carrying out the personal exercise routine.

4. The method of claim 3, wherein the step of storing the personal exercise routine includes storing medical information and a charge card number.

5. The method of claim 1, further including the steps of:  
forming a profile of the user; and  
protecting the profile of the user as private to the user, along with said machine-readable signals.

6. The method of claim 3, further including the steps of:  
forming a profile of the user; and  
protecting the profile of the user as private to the user, along with said machine-

readable signals.

7. The method of claim 3, wherein said step of forming machine-readable instructions includes:

programming a cardiovascular exercise as the exercise routine on a personal computer and communicating signals corresponding to the exercise routine over the network to said exercise machine.

8. The method of claim 3, wherein said step of forming machine-readable instructions includes:

accessing, via a virtual private network, a web-accessible library of modifiable preprogrammed routines; and

modifying one of said preprogrammed routines.

9. The method of claim 3, wherein said step of forming machine-readable instructions includes:

selecting a type of cardiovascular fitness equipment, and specifying a duration of an exercise routine, a number of time intervals, an exercise intensity, and a speed for each interval.

10. The method of claim 9, wherein said step of storing includes:

storing on a memory means transported to said exercise machine for reading by said exercise machine in connection with said accessing step.

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The method of claim 12, wherein said step of storing includes storing by

making an addition to a library of routines.

12. The method of claim 3, further including the step of:  
swiping a credit card or smart card for access to the exercise machine.

13. The method of claim 12, wherein said step of swiping is carried out with a  
card reader on a reception admission control.

14. The method of claim 3, further including the steps of:  
obtaining, via communication over a network with a user computer an agreement  
to abide by gym rules.

15. The method of claim 5, wherein said step of forming a profile includes  
forming a profile including a charge card and authorization for use of the card.

16. The method of claim 6, wherein said step of forming a profile includes  
forming a profile including a charge card and authorization for use of the card.

17. The method of claim 3, further including the step of communicating at  
least some personal profile data between computer systems of different gyms.

18. The method of claim 15, further including the step of carrying out an on  
line purchase from the exercise machine while exercising.

19. The method of claim 16, further including the step of carrying out an on

line purchase using the exercise machine while exercising.

20. The method of claim 3, further including the step of forming a set of exercise routines that use different types of exercise equipment, said set including said personalized exercise routine.

21. The method of claim 3, further including the step of providing a control for at least one of a group consisting of video, TV, e-mail, stock prices, news, horoscope, hobby information, Internet media and an electronic magazine in a profile stored in a profile of the user.

22. The method of claim 21, wherein the step of providing a control is carried out with another of the group.

23. The method of claim 22, wherein the step of providing a control is carried out with another of the group

24. The method of claim 24, further including the step of implementing the control by making a presentation corresponding to the member of the group on a display at said exercise machine.

25. The method of claim 1, wherein said step of forming is carried out using a personal computer and said step of retrieving includes downloading to said exercise equipment.

26. The method of claim 1, further including the step of using a virtual private

network to provide access to a host system used in said downloading.

27. The method of claim 1, further including the step of providing a browser interface presented at said equipment to control Internet communication.

28. The method of claim 3, further including the step of providing a browser interface presented at said equipment to control Internet communication.

29. The method of claim 27, further including the step of communicating the machine-readable signals into a controller between the Internet and the exercise equipment.

30. The method of claim 28, further including the step of communicating the machine-readable signals into a controller between the Internet and the exercise equipment.

31. The method of claim 5, further including the step of controlling with said profile output to a display device and a speaker jack at the exercise equipment.

32. The method of claim 6, further including the step of controlling with said profile interaction with Internet communication while exercising by use of a device from the group consisting of a video game joystick on said exercise equipment and a flexible touch pad on the handles of the equipment.

33. The method of claim 6, further including the step of controlling with said profile programmed, hands-free, Internet communication.

34. The method of claim 33, wherein said hands-free programming includes selectable the content and presentation format coordinated with timing of the exercise routine.

35. The method of claim 3, further including the step of monitoring and heart rate with a sensor at the equipment.

36. The method of claim 35, further including the steps of monitoring speed and intensity of the exercise routine; and  
storing said heart rate, speed, and intensity.

37. The method of claim 37, further including the step of communicating signals corresponding to said heart rate, speed, and intensity in an Internet communication for retrieving, manipulating, displaying, and storing at a user computer.

38. The method of claim 3, further including the step of utilizing a calendar function to schedule use of the exercise machine.

39. The method of claim 3, further including the step of utilizing a calendar function to schedule use of a group of pieces of exercise equipment such that the routine is carried out on said pieces of equipment.

40. The method of claim 3, further including the step of logging on to a virtual private network from a personal computer to obtain data enabling formation of said exercise routine.

41. The method of claim 1, further including the step of formatting output at a display device at said exercise equipment to produce a larger than usual display so as to be easily viewable by the user while exercising.

42. The method of claim 3, further including the step of formatting output at a display device at said exercise equipment to produce a larger than usual display so as to be easily viewable by the user while exercising.

43. The method of claim 3, further including the step of Internet navigating by use of an interface while exercising.

44. The method of claim 6, further including the step of specifying parameters of the exercise routine including type of equipment, duration of session, intensity level, and pattern of variation of the intensity level.

45. The method of claim 6, further including the step of permitting, at the discretion of the user, access to a exercise report without providing access to the profile wherein signals representing the exercise routine are stored.

46. The method of claim 5, wherein said step of storing is carried out by storing in said profile.

47. The method of claim 6, wherein said step of storing is carried out by storing in said profile.



48. The method of claim 6, wherein the exercise machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, and a resistance type machine.

49. The method of claim 6, further including the step of specifying the exercise machine to be carried out at a location from the group consisting of a home, a gym, a spa, an exercise facility of an apartment complex, and a hotel.

50. The method of claim 1, further including the step of controlling access, via a virtual private network of computer devices corresponding to exercise machines by assigning a user identification name and a password to each device.

51. The method of claim 6, further including the step of maintaining a business operations database for use in carrying out the translating.

52. The method of claim 5, further including the step of forming a client profile database containing a profile for each user, said client profile separate from said user profile.

53. The method of claim 6, further including the step of forming a client profile database containing a profile for each user, said client profile separate from said user profile.

54. The method of claim 6, further including the step of accessing a virtual

private network in scheduling an exercise session, through a web browser interface, the scheduling including selecting the location, date, and time the exercise routine to be accomplished.

59. The method of claim 58, further including the step of configuring web viewing through the web browser interface, including configuring screens of the web browser said web browser interface stored on the exercise equipment, and including selecting types of content to be viewed while exercising.

60. The method of claim 58, further including the step of initiating the exercise routine by mounting the exercise and by presenting identification to the exercise machine the identification from the group consisting of entering a name and password on a keypad, entering information from a smart card to a reader, and entering information from magnetic strip to a card reader.

61. The method of claim 6, further including the step of controlling output of visual and audio Internet media with said profile, the media including music, a video, and multimedia chat .

62. The method of claim 6, further including the step of optionally viewing and configuring reports including intensity levels of the exercise routine and heart rate through a web browser interface and at a personal computer.

63. The method of claim 6, wherein the step of using the at least one user interface to enable the user to create the personal exercise includes a corresponding media for

display during the exercise routine, the media from the group consisting of video, audio, and text.

60 64. The method of claim 6, further including the step of creating a resource pool database of available exercise equipment for accessing to carry out the associating step.

61 65. The method of claim 6, further including the step of:  
logging on to the system to review profile information via a web browser interface, said logging in including inputting an identification number and password.

62 65. The method of claim 65, further including the step of inputting into said profile personal information including birth date, gender, weight, height, and health history.

63 66. The method of claim 65, further including the step of inputting gym membership into said profile.

64 67. The method of claim 65, wherein said inputting includes inputting location of the gym and a gym membership identification number.

65 68. The method of claim 1, further including the step of entering an indicator to find a gym to carry out the step of engaging.

66 69. The method of claim 6, further including the step of entering a location indicator to find a gym to carry out the step of engaging.

67 70. The method of claim 6, further including the step of controlling speed of the exercise machine with said machine-readable signals.

68 71. The method of claim 6, further including the step of setting a filter for web subject matter or content in said profile.

69 72. The method of claim 6, further including computer enabled permission for another to form a group of users.

70 73. The method of claim 5, further including computer enabled partial, but not complete access to data in the profile.

71 74. The method of claim 6, further including computer enabled partial, but not complete access to data in the profile.

72 75. The method of claim 1, further including the step of accepting a gym registration application over the network.

73 76. The method of claim 3, further including the step of accepting a gym registration application over the network.

74 77. The method of claim 5, further including the step of managing gym membership.

77 78. The method of claim 6, further including the step of managing gym membership, including tracking fees of gyms users and issuing invoices.